

DIGITAL WELLNESS



Be Healthy

Find balance in your digital life

- Know how and when digital life affects your mental and physical health
- Avoid using technology around other people
- Ensure devices don't distract you nor interfere with your sleep



Be Safe

**Manage your Digital Footprint and identity.
Care about privacy and security.**

- Have a positive and authentic online identity
- Limit the personal information you share about yourself online
- Not everyone is who they appear to be online
- Your online activities leave a permanent footprint
- Use strong password and do not share them
- Set your settings for maximum privacy control
- Avoid scams or suspicious links
- Respect the privacy of others and only post images or videos with their permission



Be Connected

**Foster positive connections.
Be kind and prevent cyberbullying and drama.**

- Communicate effectively and respectfully
- Be kind, show empathy, support and express gratitude online
- Regulate your emotions and resolve problems peacefully online
- Understand the risks and benefits of online connections
- Your actions can have both positive and negative consequences
- Recognize dangerous or inappropriate situations
- Report abuse, harassments or unkind behaviour, stand up and say no to cyberbullying
- STOP and leave the situation, BLOCK users that make you feel uncomfortable and TELL a trusted adult



Be a critical & Creative Thinker

- Evaluate information on the internet to determine its credibility
- research effectively and use information to learn, explore and develop new skills
- Think before posting online
- Ensure the content you use, create or share is appropriate
- Respect other's digital creation ownership
- Use digital technology to express your creativity

